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- if you must make a call, pull safely off the road and stop before making the call;
 - let your voice mail answer incoming calls;
 - keep your telephone conversations short.

All learner's permit and provisional license holders under 18 years of age are prohibited from using a wireless communication device (including a hands-free phone) while operating a motor vehicle, with the exception of a 911 emergency call.

D. Drowsy Driving

Not getting enough sleep is another cause of poor driving behavior. Sleepiness slows reaction time, decreases awareness and impairs judgment, just like drugs or alcohol. A lack of sleep can significantly increase your chances of being involved in a crash.

Some drivers are at a higher risk for feeling drowsy while operating a vehicle. Examples include individuals who drive many miles each day, those with sleep disorders, and those taking certain medications.

It is important to be aware of the signs of drowsy driving and to take the necessary action to ensure that you do not put yourself and others in a situation that could result in a crash. Below is a list of common "danger signs" and a general rule to combat drowsy driving.

Danger Signs for Drowsy Drivers

The following may be indications of drowsiness:

- your eyes close or go out of focus;
- you have trouble keeping your head up;
- you can't stop yawning;
- you have wandering, disconnected thoughts;
- you don't remember driving the last few miles;
- you missed your exit;
- you keep driving out of your lane;
- your speed becomes variable.

If you become tired or sleepy while driving, it is best to rest, or change drivers. Being tired dulls your mind and slows down your reactions, making driving hazardous.